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ABSTRACT

This workbook was developed to help adult literacy students learn about sexual abuse in order to protect themselves and their children or to help someone who has been sexually abused. It contains information sheets, student worksheets, and answers to the worksheets. The information sheets are coordinated with an available audiotape. Some of the topics covered in the workbook are the following: how often sexual abuse happens; how sexual abuse affects a person's life; signs and symptoms of sexual abuse; how to prevent sexual abuse; how to protect children from sexual abuse; and how to talk to children about sexual abuse. An appendix lists 66 rape crisis centers in New York State; a glossary lists 25 terms that are underlined in the workbook. (KC)

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HEALTH PROMOTION FOR ADULT LITERACY STUDENTS

An Empowering Approach

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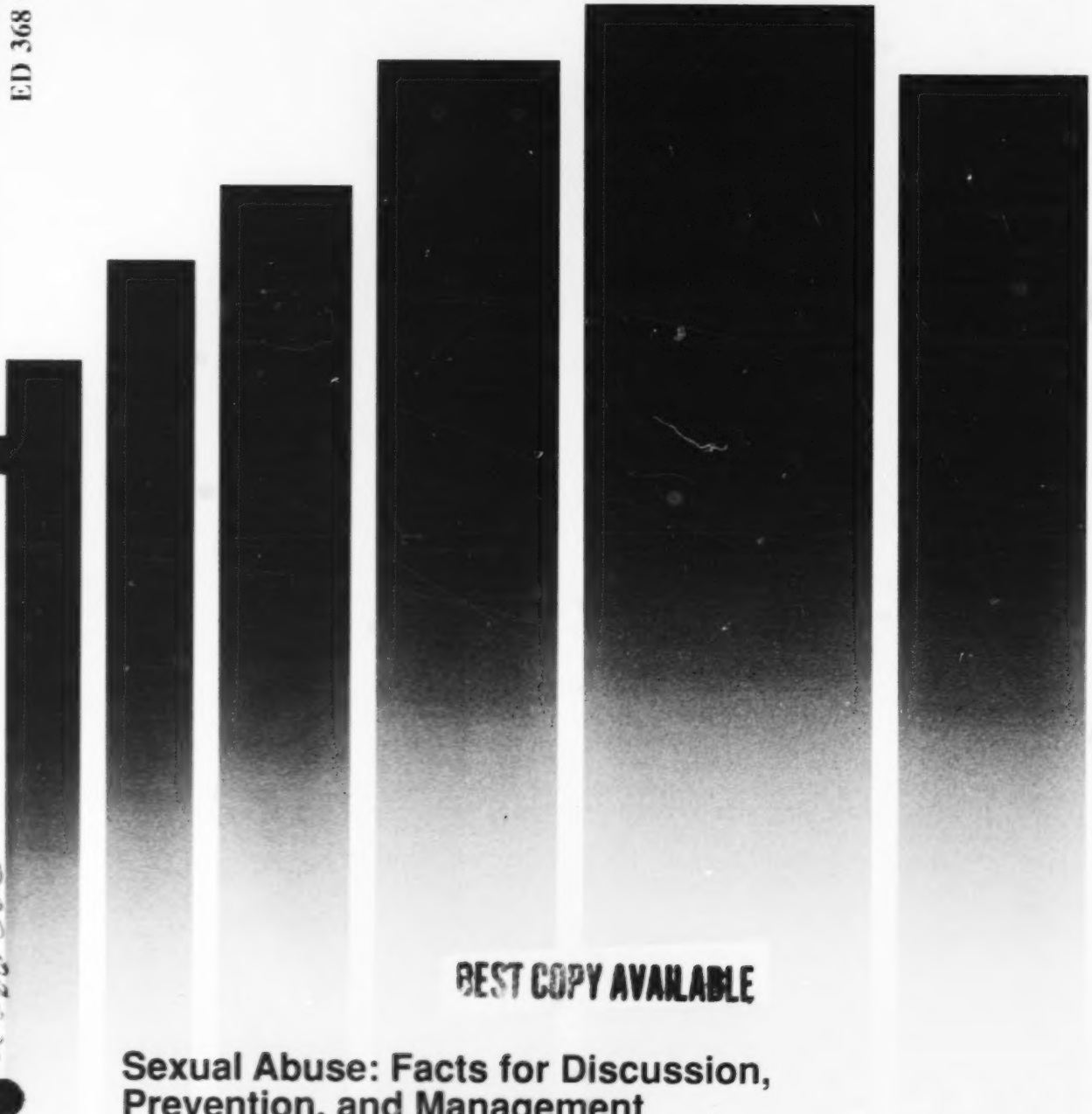


BEST COPY AVAILABLE

Sexual Abuse: Facts for Discussion, Prevention, and Management

STUDENT WORKBOOK

The University of the State of New York • The State Education Department
Bureau of Continuing Education Program Development • Albany, New York 12230

Important

What you are about to learn should **not** be used in place of attention from a health professional or other expert.

This workbook and tape contain the most current information available. The New York State Education Department, the Hudson River Center for Program Development, Inc., and the authors do not assume responsibility for the correctness or completeness of the information.

If you have any questions, talk to your teacher or get more information from someone who works in the health field.

Please start the tape now.

Sexual Abuse: Facts for Discussion, Prevention, and Management

This workbook will help you learn about sexual abuse so that you know how to protect yourself and your children or help someone who has been raped or sexually abused. You and your teacher can decide the best way for you to learn this: either working on your own with the cassette, or learning from your teacher with the rest of the class.

If working on your own with the cassette is best for you, the first step is to talk to your teacher about when it's available. When you have the tape and are ready to begin, find a well-lit room, a comfortable chair, and a steady writing surface.

I'll be saying exactly what is on the pages of your workbook so that you can read along with me. If you would like to listen to a certain section again, or need to think for a minute, feel free to stop the tape at anytime. In the workbook, you will see certain words underlined. These are words that are explained in the glossary. If you are still unsure about what the word means, ask your teacher to help you. The pronouns "she" and "her" are mainly used in this workbook because sexual abuse is more common among women. We do not mean that men or boys are not victims of sexual abuse, but for convenience, "she" is used to include both sexes.

You will hear a "BEEP" after I give you instructions. Stop the tape after the beep, so that you can work on the exercises. Don't be nervous about them. They will help you remember what you have learned. If you have trouble with the answers, you can either review the section again by yourself, or ask your teacher for help. You should also talk with your teacher about your progress. Your teacher is there to help you, even if you just need to talk with someone about sexual abuse.

Sexual abuse is a harsh fact in today's world. Here are some shocking facts:

♀	One out of four girls will be sexually abused by the time she is 18,
	and
♂	One out of six boys will be sexually abused by the time he is 18.

The more we know about sexual abuse, the more we can help people who are hurt by it. This workbook will make you more aware of sexual abuse and rape. You will learn about:

1. How often sexual abuse happens,
2. How sexual abuse affects a person's life,
3. Signs and symptoms of sexual abuse,
4. How to prevent sexual abuse,
5. How to protect your children from sexual abuse, and
6. How to talk to children about sexual abuse.

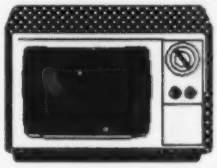
We often have our own ideas of what rape and sexual abuse are. Many of these ideas are based on myths, or wrong information. The first step to learning about sexual abuse and rape is to make sure everyone is using the same words. We chose these definitions to use in this workbook, but please remember that they are **not** legal definitions:

Sexual Abuse is unwanted sexual touching and other unwanted sexual behaviors. It can range from touching the genitals to sodomy to being forced to appear nude in photographs.

Sexual Actions count as sexual abuse when the victim says "no!" and the attacker continues to physically force her or threatens to injure the victim or someone else. The assailant does not have to be carrying a weapon or leave physical injury in order for a crime to have taken place.

Incest is any sexual contact between a child and a relative or non-relative who lives with the child or who has authority over the child. This might be a parent, live-in boyfriend, or even an older brother or sister. Abuse can be physical contact such as intercourse or fondling, or secret behavior like showing pornography, or improper sexual talk. Incest lets the abuser feel powerful, in control, or sexually satisfied. Remember, a child cannot knowingly consent to sex because they are too young to understand the effects of sex. They are also powerless against adults and depend on them.

Rape is forced sexual intercourse. Rape involves actual physical force or a threat to hurt the victim or someone she knows. There is no consent. Again, there does not need to be a weapon or any physical injury.



Rape is the most common violent crime in the United States, but many people think of it as they see it on the news or in movies. The kind of rape we see on TV usually shows a stranger raping a victim and leaving her unable to move or function. The attacker probably uses a weapon and leaves physical injury. In real life, 85% of all rapes happen between people who know each other. It can be a friend, date, family member, school mate, co-worker, neighbor, or anyone else you have contact with. It's important to change the way people think about rape so they'll know that forced sex between people who know each other **is** a crime and **is** punishable.

Many people also think sexual abuse and rape are about sex. This is **not** true. Since sex is part of the crime, people get confused. Rape and sexual abuse are violent crimes which make the attacker feel more powerful. To be forced into sexual behavior is very humiliating for the victim. This makes the attacker feel controlling and powerful.

Please stop the tape at the beep and complete ***Worksheet #1*** *on the next page.*

* * *

WORKSHEET #1

Answer these questions by marking either True, False, or I Don't Know

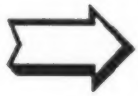
HOW MUCH DO YOU KNOW ABOUT RAPE?		TRUE	FALSE	I DON'T KNOW
1.	Rape is forced sex against a person's will.			
2.	The crime of rape takes place more than any other violent crime in the United States.			
3.	Over 85% of all rapes occur between people who have met before.			
4.	Most rape victims are between ages 15 and 24.			
5.	Most rapists (who get reported to the police) are between ages 15 and 24.			
6.	Most rapes happen between people who are alike, people of the same race and/or similar social positions.			
7.	Only 20% of rapes ever get reported to the police.			
8.	Rape takes place during the day.			
9.	Rape can take place in the victim's home.			
10.	Many rapists do not respect women.			
11.	Rape does not take place because someone wants to have sex.			
12.	Persons will commit rape because they are angry and need to feel powerful.			
13.	All victims of rape say that rape is a violent and dangerous attack that affects them very deeply for the rest of their lives.			

Answers to this worksheet are in the back of this workbook.

Many victims don't tell the police about rape because they think they will be blamed for it. Some victims don't tell **anyone** because they're afraid no one will believe or understand them. Whether a victim talks about sexual abuse or rape right away or years later, she will still have certain feelings. These feelings will be different in different victims. Here are some of the most common ones:

Fear. A victim is afraid of the abuser because he made her feel helpless and maybe afraid for her life. The abuser may also have threatened revenge. The victim may be afraid only of the abuser, or may be afraid of a lot of things after the attack. This is a normal, human reaction. The victim is not "crazy" or "paranoid."

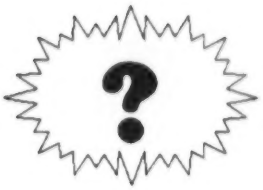
Guilt. Guilt is a very common reaction to sexual abuse. Victims often blame themselves, especially when they know the attacker. Many victims believe the myths about rape and think it is their fault, especially if they were drinking or went to the offender's house. **REMEMBER: sexual abuse and rape are never the victim's fault, no matter what the situation.** Rape is not punishment for poor judgement.



Vulnerability. A rape victim will often feel vulnerable. She may not trust others or her own judgement. This happens most often when she knew and trusted the attacker.

Loss of Control and/or Power. The attack may have made the victim feel powerless or out of control. Because she was afraid, she was forced to do something she didn't want to do. She could not stop the attack. She might have this feeling about other things, too.

Isolation. Often after sexual abuse or rape, the victim feels like she is the only person this has ever happened to. Sexual abuse isn't something people talk about. We often "sweep it under the rug," or cover it up. It's natural for a victim to feel alone.



What do you do when someone tells you about a sexual assault or rape? Friends often feel helpless because they don't know how to act or what to do.

Very often a support person, whether it be a friend, relative, or counselor, wants to take over and make important decisions for the victim. This does not help. Since the victim may feel a loss of control over her life, it is important for her to decide things for herself. She must also live with her own decisions. There are, however, many ways a support person can help a victim:

Believe her without question. Do not blame her. She did not ask to get raped. Remember, she has been through a terrible experience she wishes had not happened. If she is blaming herself or saying things like, "If only I had done this or that differently, this wouldn't have happened," tell her that:

- The blame rests squarely on the rapist; and
- She has no way of knowing what would have happened if she had acted differently.

Respect her fear. As mentioned earlier, it is natural for her to be afraid after being raped. The fear doesn't go away when the rapist does. To help, suggest that you both develop a safety plan to put into action. A safety plan is a set of actions such as checking door locks, calling a friend, calling the police, or whatever else makes someone feel safer.

Accept her strong feelings. You don't always have to **do** something to help. Be accepting and offer warmth and safety. Tolerate her moods. Be there for her.

Listen without making judgements or giving advice. Try to understand what she is going through. Do not criticize actions or feelings. She did the very best she could in a deadly situation. Give her credit because **she survived**.

Please stop the tape at the beep and complete ***Worksheet #2*** *on the next page.*

* * *

WORKSHEET #2

Fill in these sentences about sexual abuse.

It is so important to talk about sexual abuse because . . .

It is very hard for some people to talk about sexual abuse because . . .

It is necessary to talk about sexual abuse because . . .

If your friend is a victim of sexual abuse you can help him or her by . . .

It's important to know what to do if you or somebody you know is raped. Remember these steps:

1. Go to a safe place and call someone you trust. **Get out of immediate danger.**

2. Do not wash, bathe, or douche. If you want to report the rape to the police, washing, bathing, or douching could wash away sperm which could be used as evidence. **Evidence such as sperm can only be found for up to three days or 72 hours after the rape**, so if possible, tell the police within three days after it happens.

3. Call the Rape Crisis Center or police if you choose to. **Remember: just because you call the Rape Crisis Center, you do not have to talk to the police if you don't want to.**

4. Go to the hospital as soon as possible for treatment and testing for injuries, sexually transmitted diseases, and pregnancy. Evidence for a legal case can be collected at the hospital **within three days or 72 hours of the rape. It is important to get medical attention even if you aren't going to report the rape to the police.**

These steps are important to know if you or someone you know is sexually attacked, but the most important step is to get to a safe place and know how the Rape Crisis Center can help. Each county in New York State has a Rape Crisis Center to help victims who have just been raped or sexually abused, and/or who have been hurt in the past. Most Rape Crisis Centers have 24-hour hotlines staffed by volunteers who know about laws, medical help, and how to counsel victims. They offer advocacy or support for victims and will go with them to the hospital and to the police if they want to report the crime. For the Rape Crisis Center nearest you, see the list in the back of this workbook.

Please stop the tape at the beep and complete ***Worksheets #3 and #4****. You might want to talk with a classmate, friend, or teacher to help you answer the questions.*

* * *

WORKSHEET #3

Read the paragraph and answer the questions below. You might want to talk with a classmate, friend, or teacher to help you answer the questions.

Your good friend Bernice has dated James several times. Bernice really likes James. Bernice and James went to the movies Saturday night and James invited Bernice back to his apartment for a drink. Both James and Bernice had a drink and relaxed for a while. Later in the evening Bernice wanted to leave. James wouldn't let her leave and made Bernice have sex. Bernice comes to you very confused and upset. Bernice wants to talk to you.

1. What do you do?

2. How can you help Bernice?

3. List some prevention strategies.

WORKSHEET #4

Read the paragraph and answer the questions below. You might want to talk with a classmate, friend, or teacher to help you answer the questions.

You are 25 years old and have been feeling very sad lately. It has been a long time since you had a boyfriend, and most of your relationships have not lasted very long. It is very hard for you to get close to anyone. For the past few months you have been thinking a lot about your childhood. Your father came home drunk often and would sneak into your bedroom when you were asleep. He would force you to touch him. This went on until you moved out at eighteen. You only speak to your father when you have to now. This is upsetting you a lot lately.

1. What can you do to make yourself feel better?

2. Who can you tell?

3. Where can you go for help?

4. List some strategies an <u>incest</u> victim can use.

Whether you are outside, at home, or in your car, it is always important to watch out for danger. The following safety tips are good to practice, and will put you in charge of your own safety:

OUTSIDE

✓ Always walk as if you have somewhere to go. Notice who and what are around you. Don't let yourself be alone.

✓ Walk with a friend whenever possible.

✓ Avoid poorly-lit areas at night. Try to walk a well-lit, well-known route. Know where you can go if you need help.

✓ Face oncoming traffic. This makes it easier to pay attention to the traffic and keeps cars from sneaking up behind you.

✓ If you think someone is following you, cross the street and try to make eye contact with him so that you can identify him. Someone who doesn't want to be caught will probably be scared off by this. If the person keeps following you, walk to a crowded, well-lit store or to a nearby police station.

Do not walk to your house, because you will be showing the would-be attacker where you live.

AT HOME

✓ Have your keys ready when approaching the door.

✓ Never leave a spare key in a hiding place outside.

✓ Use your last name and first initial on the mailbox and in the phone book. This keeps strangers from knowing you are a female, and keeps callers from knowing your first name.

✓ Don't give personal information to strangers over the phone. Hang up right away on obscene phone callers.

✓ Never let strangers on the phone or at the door know you are home alone.

✓ Install a peephole in your door.

✓ Never open the door to meter readers, cable installers, or other so-called servicemen without identification.

✓ If someone comes to your door to use the phone for an emergency, make the call for him. Do not let anyone in to make a phone call.

IN THE CAR

- ✓ Always keep your doors locked and windows rolled up.
- ✓ Keep your car in good repair and full of gas.
- ✓ **Never** pick up hitchhikers, male or female.
- ✓ If you pass a disabled motorist, **do not stop**. Go to the nearest phone booth and call for help.
- ✓ Use well-traveled and well-lit streets and highways.

- ✓ If your car breaks down, raise the hood, return to your car and **stay inside**. If someone stops, crack your window open and ask the person to call the police. Turn on your emergency lights.
- ✓ Don't park your car in isolated or unlit areas. Be careful in parking garages. Always check the back seat before you get into the car.
- ✓ If you are hit by another car in an area where there aren't many people, don't stop. Drive to a well-lit area where there are lots of people before getting out of the car to talk to the driver of the car that hit you.

Please stop the tape at the beep and complete ***Worksheet #5.***

* * *

WORKSHEET #5

Name three situations in your life that might be dangerous. Make a safety plan for each one.

Dangerous Situation #1:

Safety Plan:

Dangerous Situation #2:

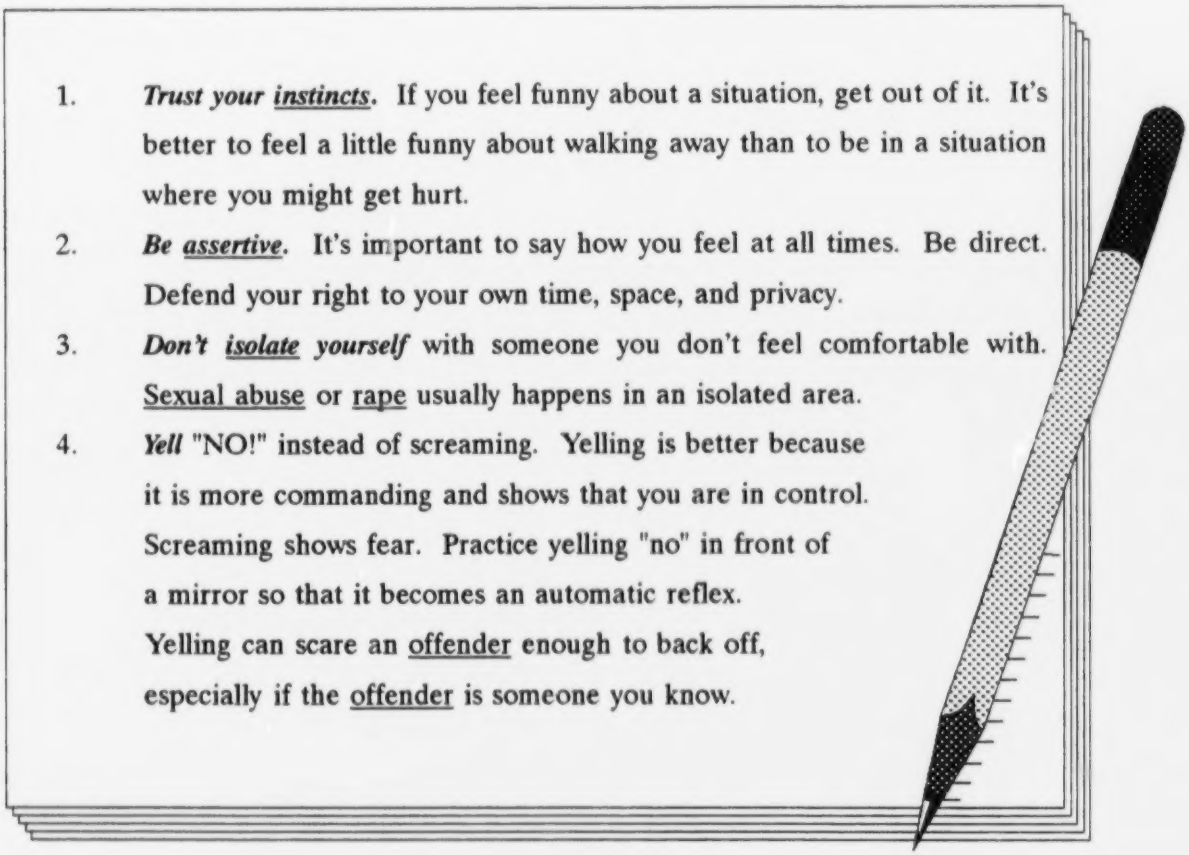
Safety Plan:

Dangerous Situation #3:

Safety Plan:

Besides basic safety information, you should remember a few extra tips to protect yourself:

1. ***Trust your instincts.*** If you feel funny about a situation, get out of it. It's better to feel a little funny about walking away than to be in a situation where you might get hurt.
2. ***Be assertive.*** It's important to say how you feel at all times. Be direct. Defend your right to your own time, space, and privacy.
3. ***Don't isolate yourself*** with someone you don't feel comfortable with. Sexual abuse or rape usually happens in an isolated area.
4. ***Yell*** "NO!" instead of screaming. Yelling is better because it is more commanding and shows that you are in control. Screaming shows fear. Practice yelling "no" in front of a mirror so that it becomes an automatic reflex. Yelling can scare an offender enough to back off, especially if the offender is someone you know.



Please stop the tape at the beep and complete ***Worksheet #6.***

* * *

WORKSHEET #6

Read the paragraph and answer the questions below. You might want to talk with a classmate, friend, or teacher to help you answer the questions.

You are at a friend's house for a party. You came with several friends and are enjoying yourself. There is one person at the party who seems interested in you. He seems nice, but you feel a bit uncomfortable around him because he's a little pushy. You spend some more time together at the party, but it is getting noisy and hard for you to speak. He asks you to go for some coffee.

1. Could this situation be dangerous? Why?

2. If so, how can you make this situation a safe one?

3. List some ways to stay safe.

The next section may be hard to listen to since it is about children. It's painful to think about your own child being abused, especially if you have been a victim yourself. It's important to know your feelings on this subject. If you feel uncomfortable, by all means tell your child. Being honest will make both you and your child feel more at ease.

If children learn early on to value their bodies, they will be proud of them and want to protect them like they would a bike or favorite toy. To teach children the value of their bodies, tell them that their bodies are their own and they have the right to protect them. Children must also learn what their private parts are and how special those parts are. A good way to teach this is to tell children that private parts are the parts covered by a bathing suit. Explain that private parts are covered because they are special. Finally, warn children that these parts are only to be shared with very special people when they get older.

Next, children need to know the difference between good, bad, and uncomfortable touches as well as the feelings that go along with them. Assure children that **nobody** has the right to touch them unless they want to be touched. Try explaining like this:

☺ A ***good touch*** makes you feel happy and warm inside like a hug from a friend or holding hands with your mom.

☹ A ***bad touch*** makes you feel mad, angry, or upset like getting punched or falling out of a tree.

? A ***confusing touch*** makes you feel unsure or uncomfortable inside. You may get a funny feeling inside your stomach. You may get this feeling when someone touches you where you don't want to be touched, like on your private parts.

Let your kids name some touches that would make them feel happy, mad, and confused to be sure they understand the difference between the touches.

It is very important for children to know that it's not okay for anyone, no matter who, to touch them if they don't want to be touched. Offenders could be neighbors, friends, step-parents, parents, aunts, uncles, teachers, or anyone else your child knows. We often tell our kids not to talk to strangers, but we don't always warn them about people they know. Children are more often sexually abused by someone they know and trust.

Children should learn to protect themselves. Take the time to talk to your children about what they can do if they feel uncomfortable. Tell them to:

✓ ***Say "No."*** Children have the right to say no when they feel uncomfortable.

✓ ***Get away.*** Children should run away from the offender as soon as possible.

✓ ***Tell someone.*** Make it clear that your child can talk to you if someone makes them feel uncomfortable.

It's important to practice sexual abuse safety with children just as you would practice any other safety routine such as a fire drill. The more you practice with your children, the more comfortable they will feel and the better they will react if facing this situation. Try "what if" games to help kids know what to do. Here are a few ideas on what to say to children about sexual abuse:

- *"Your body is your own -- you don't have to let anyone touch you or hurt you."*
- *"You have my permission to say, 'No,' or 'Don't touch me that way,' to anyone -- even a close relative or family friend."*
- *"If you get uncomfortable feelings when someone does something to you or asks you to do something to them, come and tell me."*
- *"Sometimes nice people -- people you know -- do mean things. Respecting and obeying adults does not mean you have to do anything they ask. If you think what they are doing or asking is wrong, come and tell me."*
- *"If anyone, even someone you love, threatens you or tries to bribe or threaten you into doing something you feel is not right, come and tell me."* Child molesters often try to bribe children with treats like candy. They may even threaten to hurt a child's family member or pet to get the child to cooperate.
- *"Some secrets -- like surprise birthday presents -- are fun, but a secret that an adult says only the two of you can know is not right. If someone wants you to keep a secret like that, come and tell me."* Children love to keep secrets, so child molesters may tempt children by saying something like, "This touching is a very special secret between you and me."

Please stop the tape at the beep and complete ***Worksheet #7.***

* * *

WORKSHEET #7

Read the paragraph and answer the questions below. You might want to talk with a classmate, friend, or teacher to help you answer the questions.

Jessie is your six-year-old daughter. You are teaching her how to cross the street and how to call the police for help. You have been wanting to talk to Jessie about sexual abuse prevention. This would be a good time since you are going over basic safety rules.

1. How do you speak to Jessie about this?

2. What do you tell Jessie?

3. What are the most important points to get across to Jessie?

4. How can you practice this information with your own child?

5. List some ways to keep your child safe.

Children often don't tell anyone about being sexually abused, but you can look for certain warning signs of sexual abuse:

PHYSICAL CHANGES

- Unexplained bruises or swelling of the genitals of a young boy or girl, or problems with urination.
- Vaginal or rectal bleeding, discharge, or symptoms of infection.
- Unexplained vomiting and other gastrointestinal symptoms.

BEHAVIORAL CHANGES

- Suddenly or always complaining when left with a certain person the child knows such as a relative, neighbor, or baby sitter.
- School problems or not being able to concentrate.
- Not wanting to do favorite things.
- Unusual interest in his or her body and genitals, or in the genitals of others.
- Sleep problems such as nightmares, trouble falling asleep, fear of the dark, or an increase in bed-wetting.
- Crankiness, unexplained crying, or sudden changes in personality.
- Acting younger and more babyish.
- Obvious changes in appetite.

If you don't know whether a child has been sexually abused or not, call a local Rape Crisis Center. If a child has been sexually abused and would like counseling, the center may either counsel the child or find suitable help.

How you react to a child who has been sexually abused is very important. Though you will feel angry, be sure to aim it in the right direction. Let the child know you're angry at the offender, not her. Tell your child that you **believe** her and will protect her from the offender.

Please stop the tape at the beep and complete ***Worksheet #8.***

* * *

WORKSHEET #8

Read the paragraph and answer the questions below. You might want to talk with a classmate, friend, or teacher to help you answer the questions.

Maria, a 15-year-old neighbor, has been babysitting your son Phillipe every Friday night for a few months. Lately your son has not been himself. He is not eating well or sleeping well. Phillipe also cries when he is left with Maria. On Saturday morning Phillipe came to you and told you that Maria has been making him take a bath with her.

1. What can you do about this?

2. How do you react to Phillipe?

3. List some prevention strategies.

Congratulations on finishing this workbook! The information you have just heard is very important because it will help you recognize sexual abuse and know what to do if you or someone you know is affected by it.

Unfortunately, sexual abuse does happen a lot, whether it be actual rape or sexual harassment. When we talk about sexual harassment, we usually think of the worksite. Sexual harassment can be leering, pinching, patting, verbal comments, subtle pressure, attempted rape, or rape from a boss, co-worker, client, or customer. A victim of sexual harassment is often not only threatened by the harassment itself, but also by the possibility of losing her job. If this is something you have faced, be sure to talk to someone, perhaps at the local Rape Crisis Center, about what you can do to stop the harassment.

You should also remember to call or visit your local Rape Crisis Center if you, your child, or a friend needs help for a recent or previous sexual abuse. If you would like more information on sexual abuse or rape, or just want to talk to someone about it, ask your teacher for some other resources. The more aware you are of sexual abuse, the better you can prepare yourself and those close to you to prevent it or to deal with it.

Rape Crisis Centers in New York State

COUNTY	ADDRESS	PHONE #
Statewide	NY Coalition Against Sexual Assault The Women's Building 79 Central Avenue Albany, NY 12206	(518) 434-1580 Office
Albany	Albany County Rape Crisis Center Room 1100 112 State Street Albany, NY 12207	(518) 447-7100 Office (518) 445-7547 Hotline
Allegany	Cattaraugus Community Action, Inc. 210 East Elm Street Olean, NY 14760	(716) 373-4027 Office (716) 945-3970 Hotline
Bronx	Kingsbridge Heights Community Ctr. 3101 Kingsbridge Terrace Bronx, NY 10463	(212) 884-0700 Office
Bronx	Crime Victims Assistance Unit Bronx District Attorney's Office 215 East 161st Street New York, NY 10451	(212) 590-2114 Office
Broome	Crime Victims Assistance Center, Inc. P.O. Box 836 Binghamton, NY 13902	(607) 723-3200 Office (607) 722-4256 Hotline
Cattaraugus	Cattaraugus Community Action, Inc. 210 East Elm Street Olean, NY 14760	(716) 373-4027 Office (716) 945-3970 Hotline
Cayuga	Sexual Assault Victim's Advocate Resource P.O. Box 71 Auburn, NY 13021	(315) 253-0657 Office (315) 252-2112 Hotline

Chautauqua	Rape Crisis Counseling Service AMICAE P.O. Box 0023 Fredonia, NY 14063	(716) 672-8423 Office (716) 672-8484 Hotline
Chemung	Neighborhood Justice Project Chemung County 325 Lake Street Elmira, NY 14901	(607) 734-3338 Office/Hotline
Chenango	Crime Victim/Witness Assistance Chenango Catholic Charities 19 Prospect Street Norwich, NY 13815	(607) 334-3532 Office (607) 336-1101 Hotline
Clinton	CEF Crisis/Helpline 34 Brinkerhoff Street Plattsburgh, NY 12901	(518) 561-2330 Office 800-DIAL-SOS Hotline
Columbia	Columbia-Greene Rape Crisis Center P.O. Box 1073 Hudson, NY 12534	(518) 828-5556 Office (518) 758-6696 Hotline
Cortland	Aid to Women Victims of Violence YWCA-Cortland 14 Clayton Avenue Cortland, NY 13045	(607) 753-3639 Office (607) 756-6363 Hotline
Delaware	Delaware Opportunities, Inc. 47 Main Street Delhi, NY 13753	(607) 746-2992 Office (607) 746-6278 Hotline
Dutchess	Dutchess County Crime Victim Assistance Program St. Francis Hospital North Road Poughkeepsie, NY 12601	(914) 431-8808 Office (914) 431-8220 Hotline
Erie	Suicide Prevention & Crisis Service, Inc. 2969 Main Street Buffalo, NY 14214-1003	(716) 834-3131 Office/Hotline

Essex	CEF Crisis/Helpline P.O. Box 566 Elizabethtown, NY 12932	(518) 873-6514 Office 800-DIAL-SOS Hotline
Franklin	CEF Crisis/Helpline P.O. Box 611 Malone, NY 12953	(518) 483-8211 Office 800-DIAL-SOS Hotline
Fulton	Rape Crisis Service of PPHS/ Northeastern New York, Inc. 257 Kingsborough Avenue Gloversville, NY 12078	(518) 773-7303 Office 1-800-662-2006 Hotline
Genesee	Rape Crisis Service of Genesee Co. Masse Mall - Suite 21 Batavia, NY 14020	(716) 344-0541 Office 1-800-527-1757 Hotline
Greene	Columbia-Greene Rape Crisis Ctr. Greene County Office Building Cairo, NY 12413	(518) 622-3450 Office (518) 758-6696 Hotline
Hamilton	Sexual Assault Coordinator Warren-Hamilton Community Action Agency HCR 650 - Route 30 Indian Lake, NY 12842	(518) 648-5911 Office (518) 747-6412 Hotline
Herkimer	Rape Crisis Service (YWCA - Utica) 119 North Prospect Street Herkimer, NY 13350	(315) 866-7638 Office (315) 866-4120 Hotline
Jefferson	Rape Crisis Program Coordinator Jefferson County Women's Center 120 Arcade Street Watertown, NY 13601	(315) 782-1823 Office (315) 782-1855 Hotline
Kings	VSA-BRAVA Bedford-Stuyvesant Center Herkimer Street Brooklyn, NY 11216	(718) 783-3700 Office (212) 577-7777 Hotline

Kings	Jewish Board of Family and Children's Services 1943 Rockaway Parkway Brooklyn, NY 11236	(718) 241-9600 Office
Kings	RC Intervention Program The Long Island College Hospital 340 Henry Street, 6th Floor Brooklyn, NY 11201	(718) 780-1572 Office (718) 780-1459 Hotline
Kings	BWARE 30 Third Avenue Brooklyn, NY 11217	(718) 330-0310
Lewis	HELP Hotline Lewis County Opportunities P.O. Box 111 New Bremen, NY 13412	(315) 376-8202 Office (315) 376-4357 Hotline
Livingston	Rape Crisis Service of Livingston County (PP Rochester/Genesee Valley) 4241 Lakeville Road Geneseo, NY 14454	(716) 243-0576 Office 1-800-527-1757 Hotline
Madison	Programs and Domiciles, Inc. 134 Vanderbilt Avenue Oneida, NY 13421	(315) 363-0048 Office (315) 366-5000 Hotline
Monroe	Rape Crisis Service (PP Rochester/Genesee Valley) 114 University Avenue Rochester, NY 14605	(716) 546-2777 Office/Hotline
Montgomery	Rape Crisis Center of PPHS/ Northeastern New York, Inc. Amsterdam Memorial Hospital Route 30 - North Amsterdam, NY 12010	(518) 843-4367 Office 1-800-446-2346 Hotline

Nassau	Director of Client Services Nassau County Coalition Against Domestic Violence Nassau County Medical Center Building G, Box 285 East Meadow, NY 11554	(516) 542-2596 Office (516) 542-0404 Hotline
New York	Rape Intervention Program St. Luke's Roosevelt Hospital 411 West 114th Street, Apt. 5A New York, NY 10025	(212) 523-4728 Office
New York	Rape Crisis Program St. Vincent's Hospital and Medical Center 153 West 11th Street New York, NY 10011	(212) 790-8068 Office
New York	NYC Gay & Lesbian Anti-Violence Project 208 West 13th Street New York, NY 10011	(212) 807-6761 Office (212) 807-0197 Hotline
New York	Victims of Violent Assault Assistance Program Bellevue Hospital Center Room GC-49 27th Street First Avenue New York, NY 10016	(212) 561-3755 Office
New York	RC Intervention Program Mount Sinai Medical Center Department of OB/GYN Klingenstein Pavilion, 2nd Floor One Gustave - Levy Place New York, NY 10029	(212) 241-5461 Office
Niagara	Niagara County Hotline & Crisis Intervention Services 775 Third Street Niagara Falls, NY 14302	(716) 285-9636 Office (716) 285-3518 Hotline

Oneida	Rape Crisis Service YWCA - Utica 100 Cornelia Street Utica, NY 13502	(315) 732-2159 Office (315) 733-0665 Hotline
Onondaga	Rape Crisis Center of Syracuse 423 West Onondaga Street Syracuse, NY 13202	(315) 422-7273 Office/Hotline
Ontario	Rape Crisis Service Planned Parenthood of the Finger Lakes 601 West Washington Street Geneva, NY 14456	(315) 568-8378 (RCS) (315) 781-1749 (PPFL) 1-800-247-7273 Hotline
Orange	Director of Hotline Services Mental Health Association of Orange County, Inc. 223 Main Street Goshen, NY 10924	(914) 294-7411 Office 1-800-832-1200 Hotline
Orleans	Rape Crisis Service of Orleans Co. (PP Rochester/Genesee Valley) 168 South Main - Suite 4 Albion, NY 14411	(716) 589-5682 Office 1-800-527-1757 Hotline
Oswego	Victim Services Coordinator SAF Rape Crisis Program 101 West Utica Street Oswego, NY 13126	(315) 342-1544 Office (315) 342-1600 Hotline
Otsego	Oneonta Rape Crisis Network c/o Opportunities for Otsego 32 Main Street Oneonta, NY 13820	(607) 432-8937 Office (607) 432-8088 Hotline
Putnam	Putnam-North Westchester Women's Resource Center 2 Mahopac Place Mahopac, NY 10451	(914) 628-9284 Office (914) 628-2166 Hotline

Queens	RC Program Department of Social Services D Building, Room 20 Queens Hospital Center 82-68 164th Street Jamaica, NY 11432	(718) 883-4208 Office
Queens	RC Program (Rockaway) Jamaica Center 89-31 161st Street, 3rd Floor Jamaica, NY 11432	(718) 291-2555 Office (212) 577-7777 Hotline
Rensselaer	Rensselaer County Rape Crisis Samaritan Hospital 2215 Burdett Street Troy, NY 12180	(518) 271-3445 Office (518) 271-3257 Hotline
Saratoga	Saratoga Rape Crisis Services, Inc. 368 Broadway Saratoga Springs, NY 12866	(518) 583-2734 Office (518) 587-2336 Hotline
Schenectady	RC Service of Schenectady Planned Parenthood Health Services of Northeastern New York, Inc. 414 Union Street Schenectady, NY 12305	(518) 374-5353/5236 Office (518) 346-2266 Hotline
Schoharie	Rape Crisis Service of PPHS of Northeastern New York, Inc. 23 Main Street Cobleskill, NY 12043	(518) 234-4844 Office (518) 234-4949 Hotline
Schuyler	NJP of the Southern Tier P.O. Box 366 111 9th Street Watkins Glen, NY 14891	(607) 535-4757 Office/Hotline
Seneca	Rape Crisis Services Planned Parenthood of the Finger Lakes 601 West Washington Street Geneva, NY 14456	(315) 781-1749 Office 1-800-247-7373 Hotline

Steuben	Neighborhood Justice Project of the Southern Tier Steuben County 147 East Second Street Corning, NY 14830	(607) 936-8807 Office/Hotline
St. Lawrence	Citizens Against Violent Acts P.O. Box 174 Canton, NY 13617	(315) 386-3777 Office (315) 265-2422 Hotline
Sullivan	R.I.S.E. Planned Parenthood of Orange/Sullivan, Inc. 10 Prince Street Monticello, NY 12701	(914) 794-3704 Office 1-800-832-1200 Hotline
Tioga	Victim/Witness Assistance Center 77 North Avenue Owego, NY 13827	(607) 687-6866 Office/Hotline
Tompkins	Ithaca Rape Crisis Group Box 713 Ithaca, NY 14851	(607) 273-5589 Office (607) 277-5000 Hotline
Tompkins	Child Sexual Abuse Prevention Project P.O. Box 164 Ithaca, NY 14851	(607) 277-3203 Office
Ulster	Ulster County CVAP P.O. Box 1800 Kingston, NY 12401	(914) 331-9300 Office
Warren	Rape Crisis Service of PPHSNNY 135 Warren Street Glens Falls, NY 12801	(518) 792-0994 Office
Washington	Washington County Rape Crisis Mary McClellan Hospital 1 Myrtle Avenue Cambridge, NY 12816	(518) 677-3019 Office (518) 747-6412 Hotline

Wayne	Victim Resource Center of Wayne County, Inc. 165 East Union Street Newark, NY 14513	(315) 331-1171 Office 1-800-527-1757 Hotline

Courtesy of NY Coalition Against Sexual Assault

GLOSSARY

advocacy	recommending or being in favor of
assertive	insisting on one's rights; taking effective action
authority	having the power or right to give orders or make someone obey
consent	to say that one is willing to do or allow what someone wishes
criticize	to find fault with
evidence	anything that establishes a fact or gives reason for believing something
fondling	touching or stroking lovingly
gastrointestinal	having to do with the stomach or intestines
genitals	the external sex organs of people and animals
humiliate	to make someone feel disgraced
*incest**	any sexual contact between a child and a relative or non-relative who lives with the child or who has authority over the child
instincts	an inborn impulse or tendency to do certain things or behave in certain ways
intercourse	the sexual joining of two individuals
isolate	to place apart or alone

* This definition is **not** the legal definition of incest, which involves sexual intercourse between blood relatives.

offender	the person doing wrong
pornography	writings, pictures, films, etc. that describe' or portray sexual activity
rape	forced sexual intercourse
rectal	having to do with the rectum, which is the lowest part of the large intestine, including the anus
sexual abuse	unwanted sexual touching and other unwanted sexual behaviors
sexual actions	count as sexual abuse when the victim says "no" and the attacker continues to physically force or threaten her
sexual harassment	leering, pinching, patting, verbal comments, subtle pressure, attempted rape, or rape from a boss, co-worker, client, customer or other person who is part of the worksite
sodomy	any abnormal sexual intercourse, especially anal intercourse between men or between a person and an animal
tolerate	to permit without protest or interference
vaginal	having to do with the vagina, or passage leading from the vulva to the womb in females
vulnerable	unprotected, exposed to danger or attack

WORKSHEET #1 - ANSWERS

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